

Use vises and clamps to hold parts Reduces high hand force - pinching

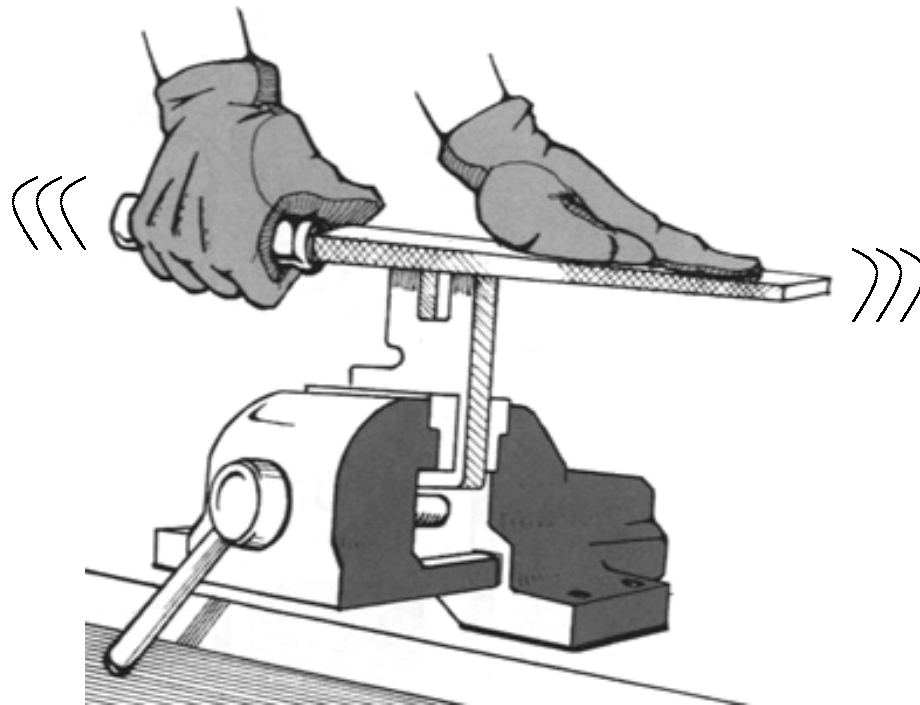


Illustration from *Ergonomic Checkpoints* by the International Labour Organization (ILO):
<http://www.ilo.org/public/english/support/publ/textoh.htm#b82>

Other benefits:

- Vises or clamps allow workers to use both hands for the task, which can reduce the force per hand.
- Vises with pivoting heads can be used to hold parts so that workers can access different areas of them without having to work in awkward postures.
- Powered clamps can be used in place of hand-operated spring clamps, allowing quicker change-outs and less repetitive gripping.